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In the News

● Dr. Singh; HHS Chief Medical Officer on filling gaps or inconsistencies for managing pain through a personalized multimodal approach.

● New wave of litigation against drug manufacturers for their role as the proximate cause of the opioid crisis begins.

● William Bennett, the first U.S. drug czar explains that opioid overdose epidemic focus is misguided by concentrating on prescription drugs.

● Current state of opioid prescribing, addiction, and response in the United States frames key issue considerations to guide future actions.

● NPR explains how the brain shapes pain and links ouch with emotion from both a patient, clinician and research perspective.

● Keeping opioids away from people who abuse them is punishing those who need them; is resulting in needless suffering of those with pain.

● Latest stats show 90% opioid overdoses form elicit fentanyl in Massachusetts, while prescription opioid deaths continue to decline.

● National Center for Health Statistics shows opioid overdose death rates decline over 13% between 2016-2017.

● Honor our veterans on Memorial Day & everyday by acknowledging their service & sacrifice while treating their pain in a deserving way.

● A feeding frenzy of lawsuits forces American Pain Society to consider filing for bankruptcy threatening advances in pain research & care.

Journal Watch [MGHers can obtain articles through the Treadwell home page]


● Donado C, Solodiuk J, Rangel SJ, et al. Patient- and Nurse-Controlled Analgesia: 22-Year Experience in a Pediatric Hospital. Hosp Pediatr. 2019 Feb;9(2):129-133. Pediatric and Nurse Controlled Analgesia is generally safe (1% have adverse effects) and commonly used. Estimated 5% of adverse effects are preventable suggesting quality improvements are needed to reduce risk of harm.


Racine M, Jensen MP, Harth M, et al. Operant learning versus energy conservation activity pacing treatments in a sample of patients with fibromyalgia syndrome: a pilot randomized controlled trial. *J Pain*. 2019 Apr;20(4):420-439. Activity pacing that help patients overcome fear-avoidance patterns may be better than formats that have patients listening to body signs to determine when to start or stop activities.


Test your knowledge of Opioid Use Disorder then download and get updated guidance from SAMHSA's Tip 63 on its treatment.

5W’s strategy to treat neuropathic pain by narrowing the therapeutic targets to improve therapeutic success rates.

Video reviews ANA position on nurses’ Ethical Responsibility to Manage Pain and the Suffering It Causes.

Modulation of the glial cells may hold the key to novel treatments for neuropathic pain and possibly opioid use disorder.

FDA releases a Remove the Risk Toolkit to facilitate spreading the word (videos, social media, PSA’s) about safe opioid disposal.

Pain medicines for older adults fact sheet available as part of IASP's global year against pain in the most vulnerable populations.

The complexity of cannabis, THC, CBD and related products as researchers/clinicians strive to untangle its effects on pain.

An anti-inflammatory dietary supplement reduced moderate chronic pain; improved vascular health & social activity in 2 months.

Pain Management for People with Serious Illness at a time when scrutiny of opioid use creates stigma & limited access.

Transcutaneous Electrical Nerve Stimulation 5 times within 24 hours of herniorrhaphy significantly lowered pain.

Meta-analysis reveals mindfulness & cognitive-behavioral based therapies provide similar physical/emotional benefits for chronic pain.

Music induced analgesia can work via cognitive, affective, &/or neurotransmitter responses that needs more research for clinical utility.

Thu – Fri, May 30th – 31st NIH Pain Consortium will highlight advances in research focusing on “Pain Across the Lifespan.” Bethesda, MD


Sun – Tues, June 9th – 11th International Conference on Opioids 2019; highly acclaimed speakers on the topic. Boston, MA

MGH Inter-professional Pain Rounds Jackson 412 First and third Wednesday of month from 12–1pm. Email Tina Toland for more info.